

# BRIDGES

## PARENT TO PARENT:

Moms share their odd pregnancy cravings  
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## DAY TRIPS:

Discover province's history at pioneer museums **P. 16**

## INVENTORY:

Laundry's affordable and unique clothing finds  
**P. 18**

THURSDAY, JUNE 20, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

## A WORLD OF EXPERIENCE

NEWCOMERS LIKE VAIBHAV THAKAR  
ARE PROVING HOW FAR A LITTLE  
HARD WORK CAN TAKE YOU **P. 4**



FREE



# FASHION

What's your favourite summer fashion trend?

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## #SASKATCHEWAN FASHION

### Kate Thompson: Stress free grad dress shopping

By Angelina Irimaci

High school graduation dress shoppers compare two ways: nerve-racking and frustrating, or fun and stress-free. Fortunately for Kate Thompson, it was the latter. She and her mom went to only one store: Klugehaus. Located in Saskatoon, to search for the ideal dress. Her search put her there two years ago and Thompson didn't consider looking elsewhere. Plus, she knew the style of dress she wanted: a long, classic cut with no pool or neckline. But, the owner of the boutique encouraged her to try on a few "pops" and enjoy just musing. The pair went through different dresses and discussed which styles and designers suited her best.

"It made me appreciate and learn why I needed a dress like this one," she says.

Although Thompson didn't find a dress that day, she didn't go home empty-handed. She was armed with a list of designers that she knew would work for her. Thompson began her online search and it ended as soon as she found the embellished gold Tony Bowls dress. After consulting with her mom, sister and friends, she made the purchase, even if she couldn't see it in person, let alone try it on.

"I was kind of nervous but when it came, it looked better than in the picture!" she says.

And lucky for her, the dress fits perfectly; it only needed to be taken up a couple inches for the bottom. She was prepared well in advance for her graduation at the end of June, where she's most looking forward to having all of the people she cares about most — friends and family — in one place at one time.

The Bishop James Mahoney grad has a long list of activities keeping her busy during the school year: track, volleyball and working on an AP (advanced placement) art portfolio. Although she sometimes puts too much pressure on herself to reach her educational goals, she explains why graduation is about more than grades or passing classes.

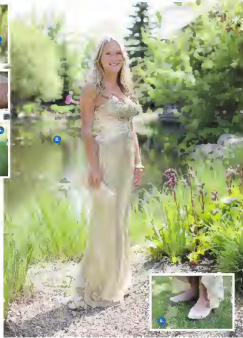
"High school really shapes who you are; that's when you're growing into who you'll become. I looked back at a picture of me from Grade 9 and I looked so young!" she laughs. "You're so young and timid and you come out a completely different person, it's interesting that you're that young and timid."

Thompson has a lot to celebrate. She's enrolled in the College of Arts and Science at the University of Saskatchewan this fall. She plans on applying to either physiotherapy or medical school (pending on her marks). Something tells us that her maker will be just fine.



#### Outfit:

- 1. EARRINGS:** Le Chateau "I thought I'd have to search every where for something like these but it [Le Chateau] turned out being one of the first places I went."
- 2. DRESS:** Tony Bowls "I narrowed it down to three dresses. This one was the most unique so I went for it."
- 3. BRACELETS:** The gold one is her mother's and the pearls are from Aldo "I wanted the accessories really simple because the dress is so much."
- 4. SHOE:** Guay-Shen
- 5. GLUTTON:** Sprinkles
- 6. SHOES:** Spilling "I just wanted to have flats because I probably wouldn't make it in heels."



Grade 12 grad Kate Thompson poses in the garden at Bellini, in the Innovation Place research park in Saskatoon. PHOTOS: FRANKIE LEWIS FOR THE STAR



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## # ON THE COVER PG. 4



Many immigrants are finding employment and better lives in Saskatchewan through the Immigrant Settlement Program.

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## # MY FAVOURITE PLACE PG. 14



Chief (Lacrosse) brings his canoe to (Lacrosse) Park, his favourite place in Saskatchewan. BRIDGES PHOTO BY BRUCE LEE HILL

**CORRECTION:** Information was incorrect about week's story about summer music festivals. The Eagle Creek Amphitheatre is held at Eagle Creek Regional Park, which is not owned by Les and Dolores Suck. Also like many of the festivals mentioned in the story, Eagle Creek happens thanks to a board of directors and plenty of volunteers. We apologize for the confusion and sincerely regret the error.

## BRIDGES COVER PHOTO BY GREG FENDER

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Saskatchewan, S4N 2P5.

Paul McLoughlin is editor-in-chief.

For advertising inquiries contact: 657-6340; editorial: 657-6327; home delivery: 657-6320. Hours of operation: 9 a.m. to 5 p.m. on weekdays, 9 a.m. to 4 p.m. on Saturdays.

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# ON THE COVER

In India, for someone who's not educated, it's very hard to get a job.

— Vaidhyan Thakur

## #IMMIGRATION

### How a sizzling economy changes lives



Vaidhyan Thakur, an assistant manager at the Centre Mall McDonald's, is working to acquire permanent resident status. He moved here from India five months ago. Story by Anne Moore

By Andrew Matto  
with files from  
Angelina Itrinic

A job most people in Saskatoon aren't interested in is a big part of Vaidhyan Thakur's new life in Canada.

The 35-year-old was among six friends from India granted student visas to attend an Ontario college in 2006 before traveling together to

Saskatchewan a previous entry immigrants are in their best chance to become a permanent resident.

Thakur and the others, including his older sister Radha, 35, took jobs at fast-food outlets in Saskatoon and began the wait to win permanent resident status, a goal of the growing number of people from places like India and the Philippines to take advantage of Saskatchewan's swelling economy.

In India, for someone who's not

educated, it's very hard to get a job," says Thakur, an assistant manager at the Centre Mall McDonald's.

Thakur is among a quickly growing number of men and women who leave their home countries for the lure of Saskatchewan and its jobs, health care and schools. While the federal and provincial governments are sometimes criticized for allowing the hiring foreign workers, hard times often force men to find demand without help from employers, and

families arrive by the hundreds. For many the notion of a free doctor's visit, access to libraries and good schools are the trade-off for leaving their homes and families to work a job at a restaurant drive-thru.

Saskatchewan's economy has added 10,000 jobs in 2011, mostly from immigrants in 2008 communities from 150 countries in recent years, resulting in unprecedented population growth and a record low rate of unemployment.

For the businesses with job open-

ings and the workers who want to fill them, a completed and sound experience application process get underway as government evaluate the qualifications of candidates and requirements of business. In the end, whether a young woman from Mumbai arrives on a student visa that permits her to work at McDonald's or a father leaves his wife and children in India to work at the Queen's as a temporary work visa both sides wind up happy.



I see that in Canada people like different cultures. They want to learn about different cultures. That's the best thing here. — Thakur



Mihov Thakur moved to Canada from India and has embraced life here. (Photo by Chris Evans)

The stories of enriched lives and occasional success continue to play out under a shadow of controversy over Citizenship and Immigration Canada's foreign worker visas and complaints that applications take too long to approve or that too few — or too many — people are allowed into the country.

For Thakur and his sister, leaving their hometown where their family ran a catering business was worth the trade for the job and education opportunities in Canada.

"It was one of the most difficult parts of life," Thakur says of saying goodbye to their parents. "It was especially difficult for us... We both came together. So they are alone now."

He upholds his parents' life in Saskatoon, including his work as a full-time dancer at Indian cultural events and a Bollywood radio show he hosts on CJCR. Thakur's favorite thing about Canada is a willingness among residents to learn about his culture.

"I see that in Canada people like different cultures. They want to learn about different cultures," says Thakur, who's embraced life in Saskatoon by taking lessons in ballet and salsa dancing. "That's the best thing here."

Rabha, who took the same Durham College business management program as her brother, said India's economy isn't doing it.

compare to what she's seen in the City of Regina.

"At first, I thought everything was very expensive. But compared to India, it's very easy to get an education here and there are better jobs," says Rabha, who works at A&W.

He admits it took time to adjust to Saskatchewan weather. "When I came to Saskatoon, the first thing I noticed was the winter. But I am used to it now."

\*\*\*\*\*

Bensula Lopez spent years traveling the world and enjoying family time at home in Southeast Asia.

And he landed at all for a job making tacos in Regina.

"It was worth it. Absolutely it was," says Lopez during a break from work at the Opal restaurant he operates. "I work hard and I work all day. I am used to that. But I now have a future and my children can get a good education and there is opportunity here for them. That is why we came to Regina."

After working for 15 years on cruise ships, Lopez wanted a life where he could live at home with his wife and four sons.

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Now, we have our own business. This is about the future of my children.

—Ramulo Lopez



The Lopez family moved to Regina from the Philippines for work in the local fast-food industry. (Illustration by MICHAEL HILL)

"Where it came to enjoying my life in the Philippines, it was a good life. It was easy. My wife didn't need to work and my kids went to good schools," says Lopez.

"But I was never there."

He accepted a job at Taco Time in Regina where his prospective employer helped him gain permanent resident status in Canada.

In addition to Lopez's job, his family benefited from further invest-

ment by Tammy Langmuir, owner of the four Taco Time outlets in Regina. Like many small business owners, she hired many employees overseas and arranged for an apartment and necessities like winter clothes.

In Lopez's case, Langmuir quickly saw a return on the thousands she invested.

Shaped by experience as a cruise ship waiter, Ramulo was promoted

quickly to manager of the Coronado Centre location. Marina and their children now also get Taco Time jobs.

"He was a good employee, a very good employee. They all were," says Langmuir.

She echoes a unanimous sentiment from the service industry which says it can't find enough local people to meet demand.

Yesterday, she says, fast-food staff was supported by high school stu-

dents eager for weekend and after-school hours. Many hours just after a few shifts or were unwilling to nap floors or remove trash.

"A lot of people don't want a work ethic on their kids. I've had young people working here who worked out great. Years ago, we'd get all kinds of kids working here. Nowadays, there are hardly any."

Langmuir concedes to having a soft spot for the people in need, which

has benefited the more than two dozen members of eight families she's helped move to Regina. Many of her international recruits have become close friends.

"I like to treat people well because I believe people should be treated with respect," says Langmuir. "I started to do this for business reasons. But I also have an opportunity to help people."

Continued on page 8



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- Sunday July 21 1-4:30 p.m. Me To We Fun Tastic**  
 Join us for adventures in putting up a tipi, learning First Nation and Métis games, hoop dancing and craft making, using bones, leather and beads.
- Sunday July 28 1-4:30 p.m. 100th Anniversary- Forestry Farm Park**  
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Clip and Save

We watched a couple of employees one day and one kid stood off in the corner, too good to wipe tables. And this new person from overseas was working really hard. — Sabrina Golf



Webster Tucker frequently sits at webcasts Bollywood dances in Saskatoon. JAMES TAYLOR PHOTO

Maria Barbosa also has Longmaster to thank for bringing her husband and two kids through town to Regina from the Philippines in 2010. Even though they owned a successful water-delivery business back home, she much preferred a Thru-Town center in Regina.

"When we came here, the apartment I was in had two kids ready for us. All of what we needed was here," says Barbosa, who works alongside her daughters.

"The good thing about Regina is that you can work. So if you want something, you can get it. All you need to do is work for it."

But five years about Longmaster's generosity more than Lopez.

"I see her everything I know that I will never find enough words to repay her," he says.

Though their friendship was stressed after Lopez quit last summer to travel in his own

restaurant, Longmaster understands.

"I try not to let it bother me. We're still friends," she says.

Today Lopez manages an Opel outlet in Regina's Harbour Landing, where he struggles to keep local items on shelf while working alongside his wife and sons.

Now we have our own business. This is about the future of my children," Lopez says.

♦ ♦ ♦ ♦

Sabrina Golf, owner of the Puddinghouse in Saskatoon, makes a point of contacting the outcasts of staff who come from other cuisines. A map once hung in the staff room, coloured pins identifying the homelands of restaurant staff. This summer, Golf is helping organize a staff family party where native dishes will be shared.



Canada is great because of the people who live here. And it's about the money that we make here. But it's also about the opportunity for my kids. — Jordan Espinoza

"When you looked at the map, the guys were scattered all over the place."

Like *Taco Time* in Regina, many young people have thrived working at *Paseo* but the number of applicants has dropped. And the difference is the quality of the work between many young people and their overseas colleagues is easy to see, *Golf* says.

"We watched a couple of our players one day and one had stood off in the corner too good to wipe tables. And this new person from overseas was working really hard, she smiled at the customers and her face lit up. She didn't need to speak to our guests. It was just the way she interacted with people that was so great."

A disinterest in jobs in the service industry or a sense of entitlement among some can be chalked up to parents overcompensating while trying to give their children a high standard of living, *Golf* says.

"Doing their laundry all the time maybe didn't help," says *Golf*. "They're entitled. I'm to blame — maybe we're paying for that swing to wear them, parenting. We need to be saving from the older generation where there was speaking and educating."

♦ ♦ ♦ ♦

Jordan Espinoza, 38, established some of his permanent residency status by getting a part time job. After nearly four years as a temporary worker at a Regina *Deary* *Queen*, Espinoza's status was up graded, enabling him to bring his common law wife and two children from the Philippines.

"It was a long time but it's OK because we are all together," says Espinoza, a supervisor who also works part time at a local security plant.

After working for years at a McDonald's in Manila, he'd dreamt about Canadian life.

"Everybody in the Philippines knows that Canada is one of the best," says Espinoza, whose wife Arlene was also given a DQ job.

"Canada is great because of the people who live here. And it's about



Sandra Heron (left) provides vitamins and wine to employees like Jordan Espinoza, who moved to Regina from the Philippines. A supervisor at *Deary Queen*, he recently moved to work as a waiter at *Deary Queen* in the Queen City. An associate editor at *THE STAR*.

the money that we can make here. But it's also opportunity for my kids. That's the main reason I came."

Fellow *Philippine* *James* *Kerrigan*, 38, arrived in Regina on the same day as Espinoza but he is still making under a temporary work visa. Like others from the Philippines, he has access to the company *Tyos* *Price* and lives at an apartment owned by his employer.

*Kerrigan* credits his general

manager *Sandra* *Heron* for not just giving him a job, but improving his life. "She is probably too good to me, to be honest. I really don't know how to repay her."

*Heron*, 49, agrees, the reason she that she's made friends following a business decision to hire from abroad.

"In many ways, these people are like our family. Many members of our staff have been to my house

Wine night, people come over and we learned how to make wine with us," says *Heron*.

In 2007, she struggled to find staff at the *McCarthy* *Hotel* location and at a new store placed in the *Kitchissippi* *River*. Local employees sometimes struggled to do the work or lost interest after getting hired.

"It was hell getting staff back then. We'd hire to people and we'd

lose eight," says *Heron*.

With the help of an immigration firm, *Philippine* staff arrived in groups of six to Regina, where *Heron* helped get them settled by buying clothing or arranging for driver's licenses.

"We went above and beyond. Maybe that's why most of them are still here — Looking back, I am glad we did."







# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# LESLEY-ANNE MCLEOD

## A history lesson told in fiction

History isn't actually as boring as it might have seemed in high school. It's simply an assemblage of stories of lives of countless, of experiences.

The Regency Storybook is a collection of such stories set in England in the early 19th century in place and time of extraordinary happenings. The lives of ordinary people were buffeted by wars abroad and political upheavals at home — not all that different from today. Yet life was rich, art and literature flourished to a sort of golden age. While society was led by a glittering aristocracy, the characters that populate these particular stories are from a variety of backgrounds, and of a wide range of ages.

The Regency Storybook is a fictional people face the challenges of everyday life, but in each case a momentous historical event touches them, even if only briefly. A young

lady is caught up in the assassination of a prime minister; the publication of a literary classic causes problems for a gentleman. A dowager wars with an old friend, who happens to be the Prince Regent's mistress. The



Lesley Anne McLeod

lady of Waterloo overthrows a middle-class household as the entire nation is glad to the news. And the tragic death of a prison changes another family's place in great change, the country

While these events are 200 years past, each one of us today is affected similarly by the momentous happenings of our own time. As I wrote each of these 13 stories, I found myself empathizing more closely than I'd

imagined possible with the characters I'd created as they struggled to deal with both private and public matters.

Actual Shakespeare and I wanted to create a gift book in which historical stories and Shakespeare go hand in hand. Her costume drawings accompany each story providing a glimpse of the everyday appearance of each of the protagonists. I hope our book educates the eyes of students like Jane Austen and follows in the tradition of more recent Regency authors such as Georgette Heyer.

Lesley Anne McLeod has been writing for 30 years; she has 16 books published (one Regency romance and five Regency novels), and now to present this collection of Regency short stories. Lesley Anne is a devoted bibliophile and is committed to historical research; she blogs weekly at [lesleymcleod.blogspot.com](http://lesleymcleod.blogspot.com).



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# IN THE CITY

# JUNE 11, 2013 — 8:14 P.M.

## A taste of Spain on Broadway



A celebration of Spain's music and dance was held at the Broadway Theatre on June 11. Flamenco showcased its rich history through music, song, and dance. *Merida* performed in the center.





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## # MY FAVOURITE PLACE

## Exploring the lake in the city



Chris Gresham cruises on the river at Putout Park. His favourite place in the Bridge City? His home, as nearby and simple as it is. "The best place to live in Saskatoon!" BRIDGES PHOTO BY MARCEL LEBERG

By Angelina Trneci

The Outdoor School gives Grade 11 students the opportunity to learn through experience as the class room is replaced by the outdoors. The students take on the province's environment through canoeing, hiking and skiing expeditions. One of the program's teachers, Chad Chiolek, will be leading the class on the anticipated year-end, week-long canoe trip on the Churchill River. When he's not teaching, Chiolek is spending even more time outdoors. While he's been to some of the most breathtaking places in the world, Chiolek still thinks that Saskatoon's Rotary Park has it all. And lucky for him, he lives just steps away. In fact, in the summer, time he can be found walking down

to the park, barefoot, ready to go for a paddle.

**Q What is it about Rotary Park that makes it your favourite place in the city?**

**A** In this town you have a little bit of everything, it's like being of the lake. There's people playing soccer, soccer, basketball, canoeing, volleyball and fishing. We play tennis too. It's just perfect living. It's relaxed. It's fun. It's outdoors but it's cultural as well. It's kind of that perfect play ground. If it just really what we go on holidays for and that's what it's like down here all the time. And it's in the middle of the city.

**Q What's your favourite thing to do at Rotary Park?**

**A** It depends on the day and on

the weather. If I'm looking more to summer activities than tennis. If I'm thinking about just reflection and relaxation time and solitude. I think about paddling. Whether its standup, kayak or canoeing, you can be in the middle of the city and you can see rush hour traffic going over the bridges, but when you get down to water level, it's just peaceful and quiet. If you just paddle around the center loop here there are houses, dogs and people and all this life and serenity in the middle of the city.

**Q Do you get to enjoy Rotary Park in the winter?**

**A** With Victoria, Bridge closed now you can actually ski down (Victoria Hill) and take the off ramp and you end up making it all the way to the

park. All of a sudden you end up here and it's awesome to do a few laps (of cross country skiing).

**Q Are there any other hidden gems of the area that you can't live in about?**

**A** (The mountain biking trails) trails are surprisingly really good along the river. They start just downstream from here. Depending on the water level, there are little benches that ferns along the shore that most people don't see. But when you get on a boat and paddle along the river, then you see all these people running on these little paths all said that they have to themselves.

**Q How do you see Rotary Park in 10 or 20 years in the Outdoor School?**

**A** Here we did some urban gang

study. You have a good sight line of downtown and all the bridges, looking at transportation philosophies and looking at the historical core of Saskatoon. It's fun down here, but historically (it's important). The Murre Residence, just up the road, is the oldest building in Saskatoon. And this is (the student's) first place to paddle on canoeing water.

**Q What is your favourite memory of Rotary Park?**

**A** It's those beautiful evenings when you see those stars. You get the sun behind downtown, there's moments (that's) perfect. It's glass calm, maybe somebody wakeboarding by and there's some music playing. It's that moment frozen in time and it just reminds me that this is the best place to live in the city.



# BRIDGES SPECIAL PROFILE

## Royal University Hospital Foundation's 8th Annual Celebrity Golf Classic: in partnership with the Saskatoon Blades

From this year and one of your favourite hockey fans enjoying 12 holes of golf and raising funds for healthcare at the same time. The Royal University Hospital (RUH) Celebrity Golf Classic, coming up June 26 and 27, provides you with this exceptional opportunity to have some fun on the fairways while raising money for the "Future That" Campaign to support Saskatchewan's first PET/CT at Royal University Hospital.

It is its eighth year this year a RUH Celebrity Golf Classic. It is a partnership with the Saskatoon Blades, past and present, and participation from their NHL friends. The event draws remarkable community participation and support. "Saskatoon people are very giving and they love to support hockey and their community. Our sponsors are incredible," says volunteer Chair Bob Fawcett. "Since 2004 over \$1.22 million (and) has been raised for healthcare priorities at RUH."

Fawcett is a 1st second year chair of the RUH Celebrity Golf Classic and says he's first got involved because of his association with Luke & Bryden Schen. "The fundraiser is a high profile event for a very important cause, a PET/CT scanner for cancer brain and multiple myeloma," says Fawcett. "I greatly value the opportunity to be a part of these initiatives and to share the experience with some of our local hockey professionals," he adds.

The two-day event begins with a Community Autograph Signing opportunity put on by presenting sponsor Saskatoon & Regina Home Builders' Association at River Landing on June 26 from 3:30 - 4:30 p.m. Later that day a sponsorship thank-you reception will be held at the Radisson Hotel at 5:30 p.m. followed by the banquet at 6:30 p.m. After the banquet the live auction heats up the action with exciting bids for that special player, the

banquet rounds out the event, allowing players to relax and celebrate how much money was raised.

The participation of the hockey celebrities listed below is greatly appreciated by the RUH Foundation. "All of these celebrities are very busy during their off-season," says Fawcett. "I have really come to appreciate what they do to give back to the community. I have nothing but respect for those who take the time to support



Bryden Schen provides autographs for young fans. Photo courtesy of RUH Foundation

hockey celebrity that the golfers want to get with.

On June 27th the action moves to the spectacular Moorlake Golf & Country Club. "Blades members and participants spend a full day together before players put out their clubs they enjoy being together at the course, and then it's on. At the end of the day a

participation like ours knowing that all of these guys are inundated with similar requests."

"You can make a difference in your life, and you can make a difference in the RUH Celebrity Golf Classic." "We would like the public to support this event by public, private, reduce for the banquet and attending the autograph



Photo courtesy of RUH Foundation

signing event," says Fawcett. "We currently have a team of volunteers assembled for this event. These volunteers as well as staffers from the RUH Foundation and the Moorlake Golf Course ensure that this will once again be a successful event."

The official grand opening of the Moorlake Imaging Centre including the PET/CT scanner is today! At least 30 trial scans of patients have been completed since May 1st and so of today people across Saskatchewan will have access to more accurate diagnoses leading to better, more effective treatment for cancer, cardiac and neurology patients. Your support of this event is a valuable contribution to the reduced diagnosis and research.

Carol Kowalski, business executive, how important it is to have a PET/CT scanner in Saskatoon. Diagnosed with

a rare form of stomach cancer, she has travelled to Vancouver and Edmonton numerous times for a PET/CT scan to monitor the size of tumours in play. She had a scan at RUH and it was the first time since 2004 that she didn't have to leave the province for a PET/CT scan. "It makes such a difference to be able to stay close to home, family and friends," says Kowalski.

The RUH Foundation is very grateful to their many sponsors including Associated RadioLogists (RTM) Music Group, All Weather Windows, Saskatoon and the Moorlake Golf & Country Club, as well as presenting sponsor Saskatoon & Regina Home Builders' Association.

To secure a spot to golf, contact Corbin Bertram at 306-455-6281 and [corbin.bertram@saskatoonhockeynews.ca](mailto:corbin.bertram@saskatoonhockeynews.ca)

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Saskatoon & Regina Home Builders' Association's

**Community Autograph Signing**

Join us at the Riverlanding

Wednesday, June 26 from 3:30 - 4:30 p.m.

If you would like to support this event by purchasing a golf foursome or a golf spot, please contact Candace at 306-455-6501 or [candace.boersma@saskatoonhockeynews.ca](mailto:candace.boersma@saskatoonhockeynews.ca). For more information and updates visit [ruh.org](http://ruh.org)

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**Royal University Hospital Foundation's  
8th Annual Celebrity Golf Classic  
In Partnership with the Saskatoon Blades**

**June 26 & 27, 2013**

The Saskatoon Blades, Blades Alumni and NHL celebrities are coming to Saskatoon to help raise funds for continuing research and education in nuclear medicine at the PotashCorp PET/CT Centre at Royal University Hospital

**Expected to be in attendance:**

Luke Schen, Philadelphia Flyers  
Darryl McDermott, former Edmonton Oilers  
Bryden Schen, Philadelphia Flyers  
Scott Hartnell, Philadelphia Flyers  
Eric Gryba, Boston Senators  
Keith Aulie, Tampa Bay Lightning

James Wright, Winnipeg Jets  
Bryan's Pulley, Winnipeg Capitals  
Gavin Adams, former Toronto Maple Leaf  
Brett Kibben, Detroit Red Wings  
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## # PROVINCIAL MUSEUMS

# Discover Saskatchewan's pioneer past

By Edna Manning

Museums help us identify and connect with the culture and history of a generous generation. They also preserve, protect and display artifacts that would otherwise become lost and forgotten.

It's these reasons that Harry Wilson, chair of the Wilson Museum in Dundurn, says museums are important. It's also why he enjoys educating everyone from school groups to day trippers about the early pioneer experiences.

The Wilson Museum is home to a number of noteworthy exhibits, including a medical display with an iron lung, which was used to treat polio, as well as a display of clothing. Other exhibits include a costume belonging to Chief Bill Littlehouse, chair of the Westman Dakota House First Nations during the strike, a full-length eagle made from the heart feathers of the Prairie chicken, a two-headed calf and a restored Jaycocker used by the early settlers in the area.

Dundurn's earlier former Charlie Farmer is also recognized at the museum. This gun-loving hunter/leader is alleged to have ridden with Jesse James in several bank raids and train robberies. Presser notes that Charlie and his son Earl homesteaded just north of the museum. His brother Allan was married to Jesse James' sister.

Directors of the museum are trying to bring back artifacts uncovered in a 1981 archaeological excavation of the Indian mounds north of town. Many of the artifacts recovered were arrowheads, arrowheads, knives, tools made of bone, shells and teeth and stones used for grinding purposes.

According to Presser, two men (J. Fran, a local resident doctor and Dr. William Perkins from Ontario), searched these items in a spring-fed bog which was used as a water source. In 1863 University of Saskatchewan students conducted more excavations.

The artifacts from the original



Harry Wilson is chair of the Wilson Museum in Dundurn. He stands beside the iron lung, a machine used to treat babies of the muscled-ardent that require muscle function for their survival.



The Saskatchewan River Valley Museum has a look-alike of the historic house built by the Wilsons in 1907.

excavation was borrowed from the Royal Ontario Museum for further analysis and documentation, then returned to Ontario where they are still on storage. We're now working at having those items returned so we can put them on display here," said Presser.

The Wilson Museum was founded in 1993 by local residents Bob and Maxine Wilson. Both were very involved in the community and worked hard to establish the museum. In 1996, the museum was incorporated and a non-profit organization was formed. Presser and his wife Anne became involved when health problems prevented the Wilsons from continuing.

The Wilson Museum is open year-

round, Day to Labour Day, Saturdays, Sundays and statutory holidays from 10 a.m. to 4 p.m. or by appointment. Phone (309) 985-4117.

■ ■ ■

The Saskatchewan River Valley Museum reflects all aspects of early settlers' lives in a town of the century setting. Some of the artifacts on the display include many pre-1910s household furnishings and appliances relating to the cultural aspects of the area from the late 1800s and on. Visitors will enjoy touring the general store, a barber shop, a doctor's office, a sports area and more rooms.

The museum is located on a three-



A restored 1905 Willy's Deering Touring automobile on display at the Wilson Museum.



View this 1905 Willy's Deering Touring automobile at the Saskatchewan River Valley Museum.

acre site in the town of Hagan, north of Saskatoon. It was started by Edgar Kuppel and George K. Fehr in 1987. In 1987 a local resident named Todd Gurnea donated thousands of artifacts to the museum and a larger exhibition building was constructed in 1989.

The main attraction is the train-themed Memorial house, built around 1901. The large building has been fully restored, including a central oven used for heating and baking. The barn was attached to the house for convenience and for safety from the railroad blizzards that so frequently hit the prairie. Other original buildings on the site include a blacksmith shop, church and a school.

Also on display is a 1905 Willy's Deering Touring automobile, a 1905 John Deere Caterpillar (Cub) or a 1905 International McCormick W4 tractor, one of Western Canada's largest collection of hand tools and a full line of agricultural machinery.

The Saskatchewan Valley Museum, located at 306 East Highway Street in Hagan, is open until the Thanksgiving weekend in October. Hours of operation are 1 p.m. to 5 p.m. Friday to Monday. Private tours are available by appointment, phone (309) 280-3112 or (309) 285-0361.

Both are located in picturesque areas and make a perfect Saskatchewan day trip.



The Wilson Museum is open Victoria Day to Labour Day, Saturday, Sunday and statutory holidays from 10 a.m. to 4 p.m.  
The Saskatchewan Valley Museum is open from the Victoria Day weekend in May to the Thanksgiving weekend in October. Hours of operation are 1 p.m. to 5 p.m., Friday to Monday.



An arrowhead display at Saskatchewan River Valley Museum



An antique Pashan Samovar (metal arrowhead internal tube for heating water to make tea)

## WHERE TO EAT:

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**LITTLE WOK**  
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## # LAUNDRY.

Laundry is an affordable clothing store offering styles for women of all ages and sizes. They have a colorful selection of party wearing dresses and tops as well as unique sandals, shoes and pumps. They are always bringing in new looks and they welcome people's suggestions on their Facebook page for the next season's must-haves. Located at 133 2nd St. E. Laundry is open Monday to Friday from 11 a.m. to 6 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 5 p.m.

BRIDGES PHOTOS  
BY MICHELLE BIRD



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# GARDENING

## # FOLIAGE

### How to incorporate yellow into gardens

By Eri Svendsen

Foliage is most plants' primary organ.

Plants use it to draw energy from the sun, converting carbon dioxide and water into sugars and oxygen through photosynthesis.

In the garden, foliage provides visual appeal with a variety of textures, shapes and sizes. If the leaves are the typical green, then they can act as negative space — a foil, if you will — against which colourful flowers and structures are highlighted. If the leaves aren't green, the contrast colour is yellow, then the whole plant stands out. These plants' colour typically lasts most of the season.

In the garden, yellow helps to direct your eye to an area of interest, connecting visitors to interesting and drawing them along a prescribed path. It also helps to brighten an otherwise shady area.

Yellow is a great choice to highlight its complementary colour, purple, especially in a shady area where purple can literally disappear. Yellow can be combined with red and blue to create interesting effects as they play off each other. But a little goes a long way — avoid creating a circus effect. When working with yellow plants, don't forget that flowers create periodic and ephemeral contrasts, as complements against the foliage.

You have several choices when it comes to yellow plants:

Yellow-leaved species (*ligularia* spp.) are typically woody, glabrous shrubs with delicate, pink, red or magenta flowers that bloom in early to mid-summer. Some yellow cut-leaves produce red leaves that start to mature to gold.

My favourite is Miss Sledge, aptly named for its shape and bright yellow hue. Its most colourful is full sun, sending branches heavily yellow in light shade. The firm is ideal in spring to create a perfect island. Also, give your plants a light shear right after flowering to encourage a second bloom.

Golden hedges (*lilac* spp.) come in many shapes and sizes. These are shade tolerant but in too much shade, gold hedges will be more zinc than yellow. Given too much sun, they can burn. Hedges like evenly moist soil at all times. Their most sunny is the stage. Golden cut-leaves include Maiden Tress, Gold Standard and August Moon.



The Miss Sledge hedge is shining brightly at the day's end. Photo courtesy of the author.

Golden hedges (*Physocarpus opulifolius*) are a medium-sized shrub with shiny, dark, reddish-brown, serrated, white flower clusters in early summer. Given full sun, the best colour is just shade. Individual branches may experience water deficit — just prune these out in the spring. Available cultivars include Lotus and Darts Club.

Golden hedges (*Physocarpus opulifolius*) are a vigorous vine that grows up to 10m and dies to the ground at the end of the season like most perennials. The stems and leaves have short prickles, so wear long sleeves when working

around the vines. They actually produce hops. If you make your own beer from scratch you could try using your own home grown hops, but I'm no gardener on the resulting brew.

Finally, there are two deceptively yellow perennials. The first one is the yellow centaur (*Centauria asiatica*). It grows up to 10m and dies to the ground at the end of the season like most perennials. The stems and leaves have short prickles, so wear long sleeves when working

around the vines. They actually produce hops. If you make your own beer from scratch you could try using your own home grown hops, but I'm no gardener on the resulting brew.

The second is the yellow centaur (*Centauria asiatica*). It grows up to 10m and dies to the ground at the end of the season like most perennials. The stems and leaves have short prickles, so wear long sleeves when working

**Assessments:**  
Centauria is open for the season. Call 366-966-966 (long distance charges apply) Monday to Thursday or send your questions to garden@thisisgreen.com.





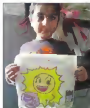


# OUTSIDE THE LINES

## # Colouring contest

Each week, Shoshana McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bdgins@theshoshana.com](mailto:bdgins@theshoshana.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



LAST week's contest winner is All Penna. Thanks to everyone who submitted entries!



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# ON THE SCENE

## #CARE FOR KIDS DINNER & DANCE



The Saskatoon Crisis Nursery celebrated its 30th anniversary during the annual Care for Kids Dinner & Dance on June 18. Held at the German Cultural Centre, guests enjoyed a German feast and danced to music from the Old Pecos Ragpie Band. A silent auction, \$50/50 draw, raffle and West Jet flight tickets were also highlights of the evening.

The Saskatoon Crisis Nursery serves as a safe, homelike environment for children whose families encounter a crisis. Volunteer care is not available; parents may leave their children while the problem is resolved. The Crisis Nursery is built on the idea that providing this care during a crisis will protect a child against potential danger and encourage healthy family growth.

1. Rhonda Gehl, Mary Wolter and Bill Winton

2. Lise Walker, Mills Cron, Nursery program

director and Collette Allen

3. Rafael Alvarado, Hugo Elizalde, Jose

Kastorvak and Brenda McRae

4. Glenn Bellard, Earl Bellard and Nicole

Smith

5. Jennifer Barber, Breyford with daughter

Hayden, Margie Martin, Tara Nolan and

Audrey Smith

BRIDGES PHOTOS BY BRIG PENDER





## MUSIC

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## # TINGEL TREES

## Band's debut a long time coming



Even though Tinsel Trees have been around for almost a decade, they hope to record their first album this year. Michael Gardner (from left), Jim Lindsay, John De Gennaro and Colin Goucher. **STYLING: OLIHAM PHOTO**

By Andrew Matto

For most bands, recording a first album is a victory. In the case of Tinsel Trees, their debut album will also be a relief.

Recording of a full record is now underway from this four-piece pop band whose best efforts to write songs, record and even tour have been thwarted by personal changes. But today the band is more stable than it's ever been and founder Jim Lindsay says it hopefully he might reach a goal set nearly a decade ago.

"There is a feeling that this has gone long enough. It's time to record some songs," says Lindsay during a break from his full-time job as a

painter. "It's pretty weird we haven't recorded an album. I admit that. And people around town think it's pretty weird too."

The band has plans to record its songs in Regina with the help of Jason Fink and his new studio in studio at CBC Regina's Broad Street facility before heading to Montreal for mixing.

Lindsay, 35, branched Tinsel Trees with a plan to get help to make his melodies and words come to life. While the band has benefited from long-term members, Tinsel Trees is also notorious for losing others, and a lot of important times.

"We've written material but then stuff would happen with members because would leave the band or

move away and then we'd end up rewriting some stuff. That was thing also would happen," says Lindsay. "I've tried really hard to push through. And it was hard sometimes. But today I believe in the songs we have."

While Lindsay is the main song writer guitarist Michael Gardner is usually the first to add ideas.

"Mike adds it in and the rest will contribute to it," Lindsay says. "Mike is really good making with song structure. So I look to him for a lot of that part of the writing. We'll listen or longer something or add another part as 'That's where his skill set is'."

With a sound described as low key pop influenced by Lindsay's affinity for music from the 1960s and psych-

delic rock, hopes for Tinsel Trees' music modest and honest always reach since the band's inception.

"My main objective, and what I have wanted from the beginning, was to just make a record that I was proud of. I want to make a record I would say," says Lindsay. "I am not worried about being popular or selling out huge shows. But we hope to tour one day so if we play some good shows and put out a good record, I'd be happy."

Further challenging Lindsay and his bandmates is family life. With new responsibilities as fathers, spending away time to rehearse or write music is more challenging than it was as Tinsel Trees' early days.

Seeing their life kids in, but we

work around it," says Lindsay. A father of two young children, "We find that an hour goes on, particularly for those of us with kids it gets a little more difficult. We're not just a bunch of kids who play in a band anymore."

Despite the new enthusiasm about the prospect of a new album, Tinsel Trees has played several high profile local shows. The band is also slated to perform with The Bessie Lakes on June 30 at the Exchange in Regina.

I believe that I am a I've never stopped away from it. I have never tried to impress anyone or try to be into any sort of side. I just do what I do and if people like it, then great," Lindsay says. "Some people might not get it but I think we have a big enough crowd that likes what we do."

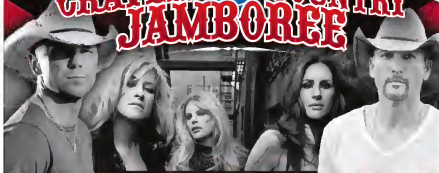


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## EVENTS

## # MUSIC

Thursday, June 23

**Side of Gravity**  
Crabbers Restaurant and  
Lounge,  
41-327 Pinehouse Dr.

**Three Living Problems**  
Beds on Broadway,  
817 Broadway Ave.

**Head McCreary w/ Marty Graun-**  
**ke and The Rock Dots**  
The Odium Events Centre,  
241 Second Ave. S.

**Devick**  
Tosca Nightclub,  
1201 Adams St.

Friday, June 24

**Fear of Knowing**  
Beds on Broadway,  
817 Broadway Ave.

**MMM**  
Arm & Navy Veterans Club,  
359 First Ave. N.

**Lounge Lizards**  
Toon Town Tavern,  
60-60 Fairlight Dr.

**Leon Dube**  
Café de l'Esplanade Centre,  
163 Fairmont Cres.

**Artino**  
MacMally's Tavern,  
3330 Eighth St. E.

**Peer Young's Things w/ White-**  
**yegs Songs**  
Vergil's Tavern,  
801 Broadway Ave.

**SaskTel Saskatchewan Jazz**  
**Festivité Live Fields and the**  
**Expressions w/ Phoenix**  
**Lauren & The Strength**  
Angus Carlin,  
632 10th St. E.

**The Tish Octave**  
Somewhere Else Pub and Grill,  
26-50 Broadway Ave.



Artists like Colin James will be performing at the SaskTel Saskatchewan Jazz Festival from June 23 to July 1. (SaskTel Jazz Photo by Scott MacLennan)

**Tierl Ann Stromgarms**  
Stora's Place,  
106-110 Sixth St. E.

Saturday, June 25

**Fear of Knowing**  
Beds on Broadway,  
817 Broadway Ave.

**Prossie**  
Natura Legion,  
3521 Louisa St.

**Celia Gieman**  
Morally Robust,  
3330 Eighth St. E.

**MMM**  
Arm & Navy Veterans Club,  
359 First Ave. N.

**SaskTel Saskatchewan Jazz**  
**Festivité Wake/DeWine/Young**

**Benjamin**  
Vergil's Tavern,  
801 Broadway Ave.

**Outside the Wall, Unleashed**  
**and Kachbar**  
The Odium Events Centre,  
241 Second Ave. S.

**SaskTel Saskatchewan Jazz**  
**Festivité Live Fields and the**  
**Expressions w/ Phoenix**  
**Lauren & The Strength**  
Angus Carlin,  
632 10th St. E.

**The Tish Octave**  
Somewhere Else Pub and Grill,  
26-50 Broadway Ave.

**Tierl Ann Stromgarms**  
Stora's Place,  
106-110 Sixth St. E.

Sunday, June 26

**Prossie**  
Natura Legion,  
3521 Louisa St.

**SaskTel Saskatchewan Jazz**  
**Festivité Live Fields and the**  
**Expressions w/ Phoenix**  
Angus Carlin,  
632 10th St. E.

**Blazin' Jam**  
Vergil's Tavern,  
801 Broadway Ave.

**Tonight it's Poetry**  
Lydia's Pub,  
650 Broadway Ave.

Monday, June 27

**Big Dave McLean**  
Beds on Broadway,  
817 Broadway Ave.

Tuesday, June 28

**Big Dave McLean**  
Beds on Broadway,  
817 Broadway Ave.

**Mac Bismarck w/ Caves**  
Vergil's Tavern,  
801 Broadway Ave.

**Open Mic**  
Lydia's Pub,  
650 Broadway Ave.

Wednesday, June 29

**Big Dave McLean**  
Beds on Broadway,  
817 Broadway Ave.

**Michael Bernard Fitzgerald**  
Angus Carlin,  
632 10th St. E.

**Open Mic**  
Rock the Bottoms,  
8348 Broadway Ave.

**Johney Broadway Record**  
**Club**  
Vergil's Tavern,  
801 Broadway Ave.

**Souled Out**  
Lydia's Pub,  
650 Broadway Ave.

## # ART

**Model Art Gallery**  
Until Sept. 15 at 95-5 Spadina  
Cres. E. An Art at the Mercy  
of Light, by Elie Bernheim.  
The Automatische Revolu-  
tion: Montreal 1951-1960 is  
a comprehensive exhibition  
about Canada's foremost  
avant-garde movement,  
featuring works by Jean-Paul  
Moulin and Paul-Émile  
Borduas. **Shaping Saskatchewan:**  
The Art Scene 1936-1964  
examines a lively period in  
the province's artistic de-  
velopment, featuring Ernest  
Under, Robert Harley, Rita  
Cowley and Wynona Mul-  
caster. **Leaves by Rodney**  
**La Tourelle**, is an installation  
of geometric structures  
featuring in the lobby. The  
Artists by Artists exhibit on  
altered stages, features  
works by Celia French and  
her mentor Iris Hauser. **Love**  
**Birds**, a sculpture by Kim  
Adams, was recently donated  
to the Model Art Gallery by  
MMO Financial Group and  
is on view until Sept. 2 at  
The Western Development  
Museum. The Gallery also  
presents a Hilliers & Berk  
jewelry trunk show, June 23  
from 10 a.m. to 6 p.m.

**The Gallery, Frances Mc-**  
**Morison Library**  
Until June 26 at 20-41 23rd St. E.  
SPRINGTIME IN PRAIRIE: Hi-  
storic photos from local history  
celebrating the rich history of  
the Saskatoon Public Library  
during its 20th anniversary  
celebration.



What you need to know to plan your week.  
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[www.thestarphoenix.com/bridges](http://www.thestarphoenix.com/bridges)

**The Gallery at Placentia**  
Until June 20 at 226 Third Ave. S. A group show of gallery artists.

**Sorden Sculpture Gallery**  
Until June 21 at 791 Marine Bldg., U of S. The Child Tunes. The Saskatchewan Tribal Council and students in the Department of Art and Art History (U of S) present artwork that honors Residential School survivors. A reception and unveiling will be held June 20 from 4pm to 7 pm.

**Peased Arts**  
Until June 21 at 434 20th St. NW. Memories of a Childhood, by Marie Whitson and Carl Wilson. A reception will be held May 31 at 6 p.m. A public artists talk will be held June 1 at 2 p.m.

**Gallery on Third, Wetaskiwin**  
Until June 22 at 123 Third Ave. E. In Wetaskiwin. Photo Documentation & Show that celebrates the evolution of the landscape genre in Saskatchewan.

**Broadway Art Fest 2013**  
June 22, 10 a.m. to 5 p.m., in the Broadway district. Celebrating Saskatoon's oldest art community. Showing various local artists' artwork and art organizations along the sidewalks. Patrons have the opportunity to observe, buy, discuss and create art. With a Broadway district sidewalk sale and an artist-friendly silent auction.

**Creeps Gallery**  
June 22 to July 6 at 300-340 Third Ave. S. Through it: Nature paintings and printmaking by Marique Martin and photography by Trine Thomas. Held Fort Rouge, a group summer exhibition, runs July 6 to Aug. 9.

**Veld Gallery**  
Until June 30 at 2-1006 Eighth St. E. Elemental Turnings by Red Peterson, Bernie Ebor and Delina Mulcaud. A reception will be held June 22 from 3 p.m. to 5 p.m.

**St. Thomas Arts Gallery**  
Until June 30 at 1431 College Rd. After a Long Winter, by Michelle Yucoskie.

**Marathon Valley Centre Gallery**  
Until June 30 at 402 Third Ave. S. A

**Sense of Place: It features sculptures and paintings by Marique Martin and photography by Trine Thomas. Observations of Nature, featuring works by some of the Saskatoon Homeholders' members, celebrates nature in the city.**

**Canada's Postcard**  
Until June 26 at 203 Second Ave. N. Back in a white photograph printed from a traditionally-exposed film by Sharon Orsick.

**Station Arts Centre, Posthumus**  
Until June 26 at 101 Halfway Ave. In Posthumus. Artists and Models by Cindy Peters. Paintings that explore the use of grid, random lines and negative space.

**Luna & Hill**  
Until June 30 at 208 Third Ave. S. Works by Cameron McKay. Banging Carrots and Racant work by Marique Martin and Callum Miller, opens July 3. An opening reception will be held July 12 from 5 p.m. to 7 p.m. Acrylic paintings on canvas and board.

**Wetaskiwin Library**  
Through June in Wetaskiwin. 2013 Wetaskiwin and Area Artists Council Adjudicated Video Winners.

**SCAP Gallery**  
Until July 6 at 253 Third Ave. S. Work by U of S research team and work by U of S research team.

**Spirit of Maritau Studio Trail**  
July 6, 10 a.m. to 7 p.m., and July 7, 12 p.m. to 6 p.m., in the areas of Maritau, Saskatchewan. Maritau and Vernet. Visit the studios of 13 artists. Follow the signs on the free self-guided tour to discover artists sculpting in clay, wood, sculptures and fabric, paintings, pottery, jewelry artists, a textile artist and furniture makers. Visit [www.spiritofmaritau.ca](http://www.spiritofmaritau.ca).

**Centre East Gallery**  
Until July 1 at The Centre. Display for the 2013 About Saskatoon Festival in the Jade Gallery, work by Susan Atwood. In the Amber Gallery, work by different artists in the Hanna Gallery, work by Hanna the Robinson in the Orange Gallery, work by students of Venter School in the

**Linden Gallery Display by Summer Festival in the Royal Gallery, near Union Ave. T. Display by the Saskatoon Public Schools in the Migrants and Refugees Gallery. The gallery is located at The Centre. Open daily.**

**Parklands Centre**  
Through June at 180 Greener Cres. Works by Leslie Stadler and Erin Hight. Includes acrylics, oil and acrylics focusing on floral and fish.

**Wild in the City**  
Until July 20 at Universal City Gardens & Top. 179 Second Ave. N. Wetaskiwin. A celebration of urban wildlife. A Wetaskiwin Festival art event.

**AKA Gallery**  
Until July 20 at 444 20th St. W. Selected Works, 1990-2013, by Judy Charnock. Ceramic and mixed-media works, integrating found elements, archival images and traditional methods of beadwork, shell cutting and quilting. Plaza Street, a travelling public art project, created by John S. Hampton, taking throughout Saskatoon and Regina among thousands features some of Canada's foremost video artists.

**Handmade House Showcase Gallery**  
Until July 27 at 790 Broadway Ave. Scaling Down by Jamie Russell. Smaller, shared sculptures made just for this show.

**Moke Coffee Bar**  
Until July 30 at 417 Herald Ct. W. Sculpture and acrylic paintings by Different Director Art Members.

**Gallery on the Bridge**  
Through August in The Arkham at Saskatoon City Hospital. Landscape watercolours by Felice Clement in the third floor, landscapes and furniture pieces by Shirley Taylor on the fourth floor and acrylics and oil on canvas by New Ontario on the sixth floor.

**Western Development Museum**  
Until Sept. 2 at 2813 Lorne Ave. S. Love Birds by Kim Adams. The sculpture exhibit playfully reimagines everyday materials: farm machinery, grain silos, automobile parts, toys and model train parts transform into prairie worlds and imaginary land-

scapes. It is presented in collaboration with the Wendat Art Gallery.

**Black Space Gallery**  
Through September at Northside Art Studios, Highway 2. On the Northside, a group show. Original works representing Northern Saskatchewan and the boreal forest.

## # SPECIAL EVENTS

**47th Annual Lily Show**  
June 22, 9:30 a.m. to 3 p.m., at the Mill at Lawson Heights, 134 Primrose Dr. Hosted by The Canadian Press Lily Society. A public event. The show sale will be held at 3:30 p.m. Visit [www.parklily.com](http://www.parklily.com).

**Centennial Banquet**  
June 21, 5 p.m. to 9 p.m., banquet at 6 p.m., at the Wetaskiwin Development Museum. Hosted by Third Avenue United Church. Featuring special speaker Rev. Lenne Carley. With entertainment by Church School Brass. For tickets call the church office at 306-652-9812.

**Saint Jean Baptiste Day Celebrations**  
June 21, 9 a.m. to 9 p.m., at Palais de la Communité-Française, 1127 Albert Ave. Hosted by the Palais des Francophones de Saskatoon. The francophone community invites all French-speaking lovers to this day filled with family fun and entertainment. With barbecue, games, drinks and live entertainment.

**May 21st for Adults**  
June 21, 7:30 p.m., at the University Centre, 212 Second St. E. Hosted by the Saskatoon Storytellers' Guild. This theme is relationships. Bring a story, or come to listen. Potluck snacks are welcome but not expected. This will be the last story until September.

**Petalpushers Wenauwauw Days Outland Celebration and Potpourri**  
June 21-23 at Wenauwauw Heritage Park. Community inclusion activities aimed at both First Nations and non-First Nations people living in Saskatoon and surrounding area. With food vendors, artisans, children's activities and the Good Entry. Visit [www.wenauwauw.com](http://www.wenauwauw.com).



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# SHARP EATS

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## #FOODIE PHOTO GALLERY

### Come for the food at Mandarin restaurant

By  
Jenn Sharp

Hailed by many as having the best Asian eats in Phoenix, the Mandarin Restaurant is located in the heart of the city's core neighborhood. Long before it became hip to open a restaurant in Phoenix, the Mandarins have been serving up authentic Chinese dishes. Be it Peking Duck and Mushroom Tag Pao Yum, along with small, locally delicious dim sum. The over-the-top stretches for what seems like a never-ending black but you'll often be hard-pressed to get a table there during the weekend's prime dinner time. The menu is packed with tasty and vegetable dishes making it perfect for vegetarians too.

It's your first visit, don't be fooled by the Mandarin's look after the food here more than makes up for the decor (or lack thereof). It is the perfect place to go with a group of friends — or as a table where you'll be served dishes fairly style. It's a good idea to go with a group. It's easier that way to shoo off and laugh at the (sometimes) best service I can find before come for the food and you won't be disappointed.



Singapore Rice Noodles



Chicken with Green Peppers and Black Bean Sauce



Sweet and Sour Pineapple Chicken



BBQ Duck



Sealed Chicken's Nest



Pork Chops with Orange Sauce



Deep-Fried Crab Cakes



Mushroom Egg Foo Yung



Beef and Mixed Vegetable Stir-Fry

BRIDGES PHOTOS  
BY JENN SHARP



## # ADVICE COLUMN

## Moving to 'fantasy' relationship not the answer

**Q** I'm a married man, in love with a married woman.

**HEER:** She concluded that her husband cheated, but she's working on her relationship.

She's fun and has two kids. She drops them off at school, we chat everyday like buddies at me. I haven't told her how I feel.

**HE:** Two kids. On sick leave at home, fighting a problem that's probably someday going to make me very sick. My wife works 60-70 hours weekly. She's old, tired.

I have a sleeping disorder, so we sleep separately; our sex life is nonexistent. Only partly her fault. My wife now comes on to me frequently (HEE).

I know she cheats, but I don't blame her. I know we're only together for the kids.

Should I just tell my wife go?

**Ans:** A man's, wanting to break up another woman's marriage, so I can be with her though I cannot fulfill her? She just might be my soulmate.

**Lonely Guy**

**A:** You're just in fantasy land!

## Ask Elle



to YOU — creating an imaginary 'soulmate' fantasy.

If that little-known woman rejects you, that'd be another emotional nail on top of illness adding stress on your physical health.

Married, too, to HEER — sorry but you'd be the worst couple for her —

a man with long-term problems who desperately hopes she's the answer to making his life perfect.

Talk to your wife. Ask what she sees/wants for the future. Maybe she hopes you'll recover and is calm and angry because you've given up. Maybe she wants out but won't say so when you're ill.

Talk to your doctor. There are

strategies for sleep disorders, treatments for ED and other ways for intimacy besides intercourse... if you seek solutions instead of escape.

**Q:** My wife's oldest brother, 45, lives alone in an apartment. His no-car, no-holds-is-a-steady full-time job.

He has no friends that we know of. He's friendly with co-workers only at work. He doesn't date, hasn't had a girlfriend in two decades. He's not seen his family (father, three siblings) for six months though we all live close. He's ended going together for Christmas. He's missed occasions before but usually showed up to the next one.

My wife gave birth to our second daughter and there was no one to congratulate us. He was 1 respondent to emails whether he's going to a third or not.

His father has visited him at his work several times to assure he's OK. When he asks him about the next family outing he always replies he has to work. Their mother once

told my wife, "he hasn't been given the same tools as everyone else," and he refused to get help.

My wife feels that a confrontation might drive him further away, even lead him to suicide if we make him feel 'guilty.' Yet I think we'll never see him again if we do nothing.

**Concerned Brother-in-Law**

**A:** He's a loner. Functioning in his daily life. His father's words should convince regularly — suggesting lunch or a coffee while there as there's a time to chat.

He shouldn't make him feel guilty. However, if there's a change in his appearance, or odd behavior beyond his shyness, a family intervention needs to be discussed.

I recommend a family meeting with a psychologist experienced with parents who withdraw socially to discuss that. The brother may be needing depression, social anxiety may be a barrier to home living in chaos, and may already be on the edge of despair.

He **NOT** stop showing him that he

family cares about him, not about showing up.

**Q:** I've having problems making up and going to a job I don't like.

I have to go in order to maintain my life. How can I become more motivated, make the best of it and get up on time?

**Ans:** I don't get along with my co-workers. How can I get to know them and become friends?

**Last on my List**

**A:** When depression takes hold, it's hard to enjoy work or the people there, and the desire to avoid all by sleeping becomes strong.

Get to a doctor right away. Go to a hospital's mental health clinic or emergency department and openly express feeling too low to get up and work, though you need to financially.

You may be given medication to lift you over this slump. Ask also for ongoing therapy to learn some coping strategies. Once you're proactive getting help, you'll have more confidence to make friends.



# Next week in BRIDGES

Ryan Turple is a modern day Renaissance man



